



Expanded
Municipal
News!



NATICK COMMON GUIDE

WINTER 2016-17

*Community Education
and Resources*



**Town of Natick
Community Services
Department**

Winter preparedness pgs 2-3

Important phone numbers pg 4

Weekend/evening adult classes pg 5

COMMUNITY CALENDAR



ALL WINTER

Crafternoons

Hang out with others while working on your craft project
Mondays 3:30 – 4:00 pm
Bacon Free Library

Natick Farmers Market

Saturdays 9:00 am – 1:00 pm
Inside at the Common Street Spirituality Center

SPECIAL EVENTS

December

Winter Melodies

A concert with the Broadmoor Chamber Singers
Saturday December 3 3:00 pm
Morse Institute Library
Visit: morseinstitute.org

Gingerbread Festival

Check out a beautiful array of gingerbread creations by local cake artists on display at the library, then enter our raffle to take one home for the holidays! Purchase raffle tickets or bring in an item of canned goods in exchange for a ticket. Please contact the library if you are interested in donating a gingerbread house.
Monday December 5 – Wednesday December 21 Free
Bacon Free Library
Visit: <http://baconfreelibrary.org/events/>

Health Topics in the Community: Food Insecurity

Film screening followed by panel discussion of important health topics facing the community. The December film will be A Place at the Table. A light supper will be served before the screening.
Monday December 5 6:00 pm
Morse Institute Library
Visit: www.morseinstitute.org

A Dramatic Dickens' Christmas Carol

Performer Al LePage brings Dickens' A Christmas Carol to life with accents and costume in the one-man, eighteen-character show. Appropriate for all ages.
Saturday December 10 2:00 pm
Visit: www.morseinstitute.org

The Nutcracker

December 6-10, 14, 16 7:00 pm
December 11, 17 2:00 pm
Keiter Center for Performing Arts,
Walnut Hill School for the Performing Arts
walnuthillarts.org

January

Author Visit: Explore the Charles River with Kathleen Rowe

We're happy to welcome author Kathleen Rowe to discuss her book, *Exploring the Charles River*.
Tuesday January 17 7:00 pm Free
<http://baconfreelibrary.org/events/>

Bibliobrews at the Bacon

Join us for a local craft brew tasting event in the library! 21+ for this event!
Saturday, January 21 1:00 – 3:00 pm Free
<http://baconfreelibrary.org/events/>

Health Topics in the Community: Mental Health

Film screening followed by panel discussion of important health topics facing the community. The January film will be *Healing Voices*. A light supper will be served before the screening.
Monday January 23 6:00 pm
Visit: www.morseinstitute.org

Make Your Own Hand Salve

Start the new year off right with some DIY self-care. Fabulous hand salve you make yourself! Be sure to register online in advance!
Tuesday January 31 7:00 pm Free
<http://baconfreelibrary.org/events/>

February

Wicked Pissed: New England's Most Famous Feuds

Ted Reinstein of Chronicle brings history alive with fascinating stories from politics, food, engineering and more.
Tuesday February 7 7:00 pm Adults and school-aged children
Visit: www.morseinstitute.org

Tea: the First Wicked Deed

How women influenced the beginnings of rebellion in the New England Colonies before the Revolutionary War? Learn the story of how the women of Massachusetts became passionate about independence!
Tuesday February 21 7:00 pm Free
<http://baconfreelibrary.org/events/>

2nd Annual Children's Illustrators Auction

We are celebrating Literacy, Diversity and Artistry with our 2nd annual Children's Illustrators Auction featuring many of today's most beloved picture book illustrators, graphic novelists, and chapter book illustrators. Keep a lookout for more information on our website!
February 26 – March 5
<http://baconfreelibrary.org/events/>

(March) Maple Magic Day (for all ages)

Pancake breakfast & celebration 8:00-11:00 am at Memorial School Native, colonial, and modern sugaring tours on the half hour
Sat March 4, 9:00 am-2:00 pm **Natick Community Organic Farm**
Pricing and details at www.natickfarm.org
Community Center, 117 East Central Street
Visit: morseinstitute.org

Friends and Neighbors,

We're delighted to offer you the winter 2016-17 edition of the Natick Common Guide. Inside you'll find a thorough listing of events, continued learning, recreational and cultural opportunities happening in Town this winter. Whether you're 5 or 95, there's something for you.

We're particularly pleased to begin expanding our Municipal News section; Departments across Natick work hard on your behalf offering many useful initiatives, resources and information to improve your quality of life. Check out pages 2 – 4.

Despite the fact that it will be some time before the snow flies, it's time to think about spring gardening at one of Natick's two community garden sites. If you're interested in entering the lottery please be sure to check out the information on how to do so on the inside back cover.

Wishing you and yours a wonderful holiday season to come.

Regards,

Jemma

Jemma Lambert, Director
Community Services Department

Facility Rentals at the Community Center

The Community Center offers space to rent in the evenings and on weekends for a fee.

Available spaces include:

- Conference room(s)
- Small-medium sized meeting room(s) with or without technology
- Large meeting spaces for meetings or parties
- Industrial kitchen
- Full sized gymnasium

For more information or to complete an application please visit:

<http://www.natickma.gov/167/Community-Services>

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municipal news & information

Red Cross Blood Drive

Location: Community-Senior Center



Held monthly at the Community-Senior Center, these blood drives are a fantastic way to give back to your community. The American Red Cross is always looking for donors and has urgent need all blood types. Thanks to your generosity, the ARC continues to exceed its goal! Please continue this great trend by contacting the ARC and setting up an appointment to donate at our next drive.

Mon Dec 12, Jan 9, Feb 6 2:00-7:00 pm

SPEAK WITH YOUR ELECTED OFFICIALS

Bagels with the BOS

Location: Community-Senior Center

Enjoy conversation with members of the Board of Selectmen. Bagels provided by Whitney Place.

Mon Dec 15, Jan 26, Feb 23 9:00 am

Representative Linsky's Office Hours

Location: Community-Senior Center

Mon Dec 12, Jan 9, Feb 13 9:30 am

FREE CPR/AED TRAINING AVAILABLE TO NATICK RESIDENTS. WINTER TRAINING DATES INCLUDE:

Tues Dec 6, 20, Jan 10, 25, Feb 13, 28 6:30 – 9:00 pm

If interested in the CPR class please send an e-mail to Capt. Ron Downing at rdowning@natickma.org. Locations will be announced 1 week before class.

SeeClickFix

See something of concern on our roads?
(Downed tree or road sign, flooding, potholes, etc.)

We want to know.

Visit: www.natickna.gov/1188/Report-a-Concern

Here you can:

Report the problem

Attach a photograph

Even locate it on a map!

We appreciate your assistance.

MUNICIPAL NEWS

As the cold season approaches we wanted to be sure to provide our residents with information on a variety of cold weather resources. Please keep these in mind not only for yourself but perhaps a friend or neighbor who may find themselves in need:

NATICK POLICE DEPARTMENT

Winter Driving Tips

- Keep tires properly inflated
- Make sure to keep your windshield washer fluid filled
- Clean snow off all surfaces of the car especially the roof! Snow falling off the roof is a major safety hazard and can cause a crash or damage other vehicles on the roadway.
- Change wiper blades
- Keep the gas tank at least half full
- Use your seat belt
- Plan extra time for a commute and do not rush
- Never run a vehicle in a garage or enclosed area due to the risk of carbon monoxide poisoning.
- Keep a snow brush, small shovel, ice melt or sand, a flashlight, road flares and warm clothing and blankets in the vehicle in the event of a breakdown
- Keep cell phones charged in case of emergency

NATICK POLICE NON-EMERGENCY 508-647-9500

NATICK FIRE NON-EMERGENCY 508-647-9550

NATICK PUBLIC SCHOOLS 508-647-6500

NATICK DEPARTMENT OF PUBLIC WORKS 508-647-6550
<http://www.natickma/1063/Snow-Ice-Policy>

POWER OUTAGE at your home or business?
Call Eversource 1-800-592-2000

municipal news & information

CODE RED Sign up for automatic telephonic notices in the event of emergencies. www.natickma.gov to sign up.

CARE AND PREPARE

The Natick Emergency Preparedness Team offers residents who live alone or who at particular risk in the event of a weather emergency a voluntary call system designed to ensure for the health and safety during emergencies.

The purpose of the call is to provide you with up-to-date information, make sure that you are safe and that you have adequate resources to stay at home for the duration of the event and to respond to you if you report an emergency situation. Those participating in the program will receive either a prerecorded message or personal telephone call to check on your well-being. If the call is not answered we will continue to call until we reach you. If necessary, we will travel to your home to check on your safety.

The Care and Prepare program is free. All you have to do is complete the Care and Prepare Program Application. Please give us a call at 508-647-6540 to receive an application.

EMERGENCY PREPAREDNESS Information is available on-line at: www.ready.gov

HOME HEATING ASSISTANCE

Natick Human Services will help Natick residents complete applications for the Low Income Home Energy Assistance Program (LIHEAP) for the upcoming winter season. Applicants may be Natick residents of any age, home owners or renters, pay for their own heat or in some circumstances have it included in their rent. Individuals and families may qualify for fuel assistance if annual income falls within the guidelines.

If you are over income for the LIHEAP program, you may be eligible for fuel assistance through the Salvation Army's Good Neighbor Energy Fund (GNEF). Applications for the GNEF can be submitted after Jan 1.

Please call Debbie Budd, Case Manager, at (508) 647-6540 with any questions about fuel assistance, for the income eligibility guidelines or to schedule an appointment to complete an application.

SMART911 Is a free, new service available in your community to help you when you call 9-1-1. Once you've signed up, first responders will be aware of important information you have provided that will help them address your emergency. This information; including medical issues, current location and even pets can help Police, Fire and EMS locate and help you.

- A free service
- Provided by your community
- Private and secure
- You control your information
- Saves time in an emergency when seconds count

For more information or to enroll please visit:
<https://www.smart911.com/>

WEATHER CANCELLATION POLICY The Department of Community Services programming may be cancelled due to inclement weather. If Schools are closed, all morning and afternoon Recreation programs will be canceled. Decisions for evening programs will be made after 3:00 pm. If schools are on a delayed open or early close, please call the recreation office for final decision on programming. Call the Recreation and Parks line at 508-647-6530 or check the recreation website at www.natickma.gov/recreation.



THE ADVENTURE'S ON US

Morse Institute Library offers many free or reduced admission passes to area museums, historical sites, and cultural centers. Call the library at 508-647-6520 or visit us online to see the complete list of passes. Visit: www.morseinstitute.org

VACCINATIONS ARE NOT JUST FOR KIDS! You're never too old to get immunized.

Getting immunized is a lifelong, life-protecting job. Make sure you've had all the vaccinations you need.

The Natick Board of Health offers the following free vaccinations to any Natick Resident Age 19 and older: Influenza; Tdap; Shingles (Age 60 and older); Pneumococcal (both Prevnar13 and Pneumovax23).

If you or your loved one is homebound, you can still receive your needed vaccinations in the comfort of your home.

You can make an appointment with the Public Health Nurse at the Board of Health Office, 13 E Central St. Call 508-647-6460 or email health@natickma.org.

municipal news & information

COMMUNITY DIRECTORY

Affordable Housing	(508) 647-8410
Bay Path Elder Services	
Meals on Wheels	(508) 573-7200
Natick Cultural Council	(508) 277-2470
Early Childhood Development	(508) 655-2557
Emergency Shelter	(508) 872-4853
Eversource	(617) 441-8000
Family Resources of Natick	(508) 655-2557
Food Pantries	
A Place to Turn	(508) 655-8868
Natick Service Council	(508) 655-1791
Food Stamps	(508) 661-6600
Kids Connect	(508) 652-4211
Leonard Morse Hospital	(508) 650-7000
MetroWest Legal Services	(508) 620-1830
MetroWest Medical center	(508) 383-1000
MetroWest The RIDE	(508) 820-4650
MetroWest Transit Authority	(508) 935-2222
Natick Cab	(508) 653-2300
Natick Center Associates	(508) 653-8848
Natick Housing Authority	(508) 653-2971
Natick Post Office	(508) 653-8406
Natick Services Council	(508) 655-1791
Pegasus (Local TV)	(508) 651-0022
Psychiatric Emergency Serv.	(508) 872-3333
Salvation Army	(508) 647-6540
TCAN	(508) 647-0097
Walnut Hill	(508) 650-5020

NATICK MUNICIPAL NUMBERS

FEE REDUCTION PROGRAMS:

Earned Income Tax Credit	(508) 647- 6519
Elder and Disabled Taxation Fund	(508) 647- 6420
Property Tax Exemptions	(508) 647- 6420
Property Tax Reduction: Seniors	(508) 647- 6540
Property Tax Deferral Program	(508) 647- 6420
School Fee Assistance	(508) 647- 6493
Water/Sewer Assistance	(508) 647- 6420
Animal Control	(508) 647- 9545
Bacon Free Library	(508) 647- 6730
Boeard of Selectmen	(508) 647- 6410
Building Inspector	(508) 647- 6450
Case Management: Help with	
Access to Benefit Programs	(508) 647- 6540
Clerk, Town	(508) 647- 6430
Collector/Treasurer	(508) 647- 6425
Commission on Disability	(508) 647- 6519
Community Services Department	(508) 647- 6540
Council on Aging	(508) 647- 6540
Human Services	(508) 647- 6519
Community Farm	(508) 655- 2204
Recreation and Parks	(508) 647- 6530
Veteran's Services	(508) 647- 6545
Conservation Commission	(508) 647- 6452
Engineering	(508) 647- 6551
Facilities Department	(508) 647- 6504
Fire Department	(508) 647- 9550
Health Department	(508) 647- 6460
Highway	(508) 647- 6562
Morse Institute Library	(508) 647- 6430
Pkanning Boeard	(508) 647- 6520
Police Department	(508) 647- 6450
Property Assessment	(508) 647- 9500
Property Taxes	(508) 647-6420
Public Works Department	(508) 647- 6420
After Hours Emergency	(508) 647- 6550
Recycling Center	(508) 651-7317
Registrar	(508) 647-6459
Sanitation	(508) 647-7317
Town Administrator	(508) 647- 6410

DIRECTORY
AT-A-GLANCE

weekend/evening adult classes

TEACHERS WANTED — If you have an idea for a class that you feel would be relevant for this community please send an email to bfagan@natickma.org.

All workshops and classes take place at the Natick Community-Senior Center.

Register online at <https://register.communitypass.net/Natick> or register in person at Natick Community-Senior Center, 117 East Central Street, Natick, MA.

WORKSHOPS

MOTIVATION AND SELF-ACCOUNTABILITY (adults)

Instructor: Anne Lafleur, MSW

Do you have something you want to accomplish, but worry that your old habits and fears will keep you from following through? This workshop will offer practical tools for setting realistic goals and staying motivated, while receiving valuable support and encouragement from the group.

Wed Jan 11- Feb 15 7:00-8:30 pm \$60/6 wks

THE ART OF GRACEFUL RECEIVING (adults)

Instructor: Anne Lafleur, founder of The Gift of Happiness

Do you enjoy giving to others, but sometimes find it difficult to receive? If so, you might be missing an important part of happiness and social connection. Come learn and practice simple ways to gracefully receive gifts offered.

Wed Dec 14 7:00-8:30 pm \$10

THE ART OF JOYFUL GIVING (adults)

Instructor: Anne Lafleur, founder of The Gift of Happiness

Whether it's a present tied with a bow or simply a kind smile to give a gift can be inherently rewarding. We'll all experienced the anxiety of gift giving. In this fun and interactive workshop, you will learn the key to joyful giving and explore ways to put it into action in your own life.

Thu Dec 8 7:00-8:30 pm \$10

CLASSES

BOLLYWOOD DANCING: BEGINNERS (adults)

Instructor: Monisha Rajinikanth

Learn the fun and energetic style of modern Indian dance based on the classical dance and music tradition of Bollywood. Not for the faint of heart as we'll be moving around a lot. Wear comfy clothing, bring water, and be prepared to dance like a Bollywood star!

Tue Jan 10 - Feb 28 7:30-8:30 pm \$80/8 wks

CONVERSATIONAL ITALIAN: BEGINNERS (adults)

Instructor: Carla Peretto

What better way to get ready for a trip to Italy or to have a taste of its musical language than by studying basic Italian? In this small group learn essential vocabulary, practice pronunciation, and have fun while learning to communicate with common Italian phrases. Former students welcome as well as newbies..

Mon Jan 9 - Feb 27 6:00-7:30 pm \$90/6 wks
(No class Jan 16, Feb 20)

CONVERSATIONAL SPANISH WITH MASSBAY (adults)

Instructor: Marco Mena

In partnership with MassBay Community College, the Community Services Department is offering a 10-week non-credit course in Conversation Spanish. For more information or to register for the course contact MassBay Community college at: (781) 239.3000 or the Community Center at: 508.647.6540, or register online at: www.massbay.edu.

Tue Jan 17- Mar 28 2:30-4:00pm \$150/10 wks
(No class Mar 14)

ITALIAN FOR TRAVELERS: BEGINNERS (adults)

Instructor: Carla Peretto

Get ready for your next trip to Italy! In this mini-course you will learn how to ask for directions, find lodgings, buy a train ticket, navigating with ease the cultural difference. You will impress your friends and family by going to an Italian restaurant and reading the menu like a native!

Mon Mar 06 - Mar 27 6:00-7:30 pm \$40/4 wks

MUSIC APPRECIATION (adults)

Instructor: Ron Williams

In just four weeks, you'll go on a whirlwind tour of opera, classical, and jazz music. Natick is proud to offer this new class that will be taught by the nationally recognized opera master Ron Williams. Come to get a better understanding of how to listen, discuss, and evaluate different genres and learn about how to listen more discriminatively to music.

Thu Mar 2-23 7:00-9:00pm \$48/4 wks

TAP DANCING: beginners, intermediate, and advanced (all ages)

Instructor: Serge Genesse

Find your rhythm and learn to dance to peppy numbers like TAP GREATS – Gene Kelly, Fred Astaire, and Gregory Hines. We'll dance energetically with tap shoes to some great jazz sounds from classic Hollywood and modern musicals. Wear comfy clothes, bring a bottle of water and towel. Students must purchase tap shoes in advance.

01 Advanced: Tue Jan 10- Feb 28 4:30-5:15 pm \$80/8 wks
02 Intermediate: Tue Jan 10- Feb 28 5:30-6:15 pm \$80/8 wks.
03 Beginner: Tue Jan 10- Feb 28 6:30-7:15 pm \$80/8 wks.

Please note the spring sessions for Serge's tap classes will start in March. Register on line now!: [https:// register.communitypass.net/Natick](https://register.communitypass.net/Natick)

YOGA: MINDFUL HATHA (adults)

Instructor: Ann Masse

Join us for a gentler style that focuses on deep breathing and proper alignment while you move slower and more mindfully through your practice. This class allows you to become familiar with the asana (postures) and explore different breath techniques as you become more comfortable with where you are in your own practice. All levels welcome.

01: Thu Jan 12- Feb 16 5:30-6:30 pm \$60/6 wks.
02: Thu Mar 02- Apr 13 5:30-6:30 pm \$70/7 wks.

YOGA: SLOW FLOW : ALL LEVELS (adults)

Instructor: Ann Masse

A slower rhythm yoga practice with longer held poses to allow deeper focus on alignment, mindfulness, deep stretch, flexibility, balance and whole body strength. Always ending with a satisfyingly sweet savasana.

01: Thu Jan 12- Feb 16 6:45-7:45 pm \$60/6 wks
02: Thu Feb 2- Apr 13 6:45-7:45 pm \$70/7 wks

Register online at: <https://register.communitypass.net/natick> or call the CSC at 508-647-6540

pre-K programs



DANCE PARTY *NEW*(Ages 4-5+/Pre-K)

Instructor: Cindy Wright

Location: Cole Center

A basic ballet and jazz/hip-hop class (age appropriate moves and music) with a different theme each class. Children will learn dance moves, make and/or use a prop and have costume pieces to wear as it becomes a dance party! Some of the celebrations include a garden party, a hoedown, a royal gala, a pirate party, and more. Children should wear any style dance wear or comparable clothes and ballet slippers or non-skid socks. (10 wks)

01 Wed Jan 4-Mar 15 10:00-11:00 am \$110
(No class on Feb 22)

DANCE/THEATER (Ages 4-5+/Pre-K)

Instructor: Cindy Wright

Location: Cole Center

It starts with a story. Through dance, dialogue, drama and comedy of course, the children will tell the story. This class will focus on basic ballet and children's jazz/hip-hop (with age appropriate music), but we will also introduce them to acting and how acting, music and dance together create musical theater. We'll add some costumes and props and present an informal performance at the final class. Students should wear any style dance wear or comparable clothes and ballet slippers or non-skid socks. (10 wks)

01 Wed Jan 4-Mar 15 1:00-2:00 pm \$110
(No class on Feb 22)

FUN WITH MESSY PLAY (Ages 1 & 2)

Instructor: Muriel Sypek

Location: Cole Center

PARENTS! Here is your chance to get messy with your little ones without you dealing with the clean up. Children will enjoy water play, sand play, a different messy craft each week using play-doh®, paint, brushes, rollers, bubbles feathers and more. (9 wks)

01 Wed Jan 4-Mar 8 10:45-11:30 am \$138
(No class on Feb 22)

JUMP, TUMBLE AND SING (Ages 2-4)

Instructor: Muriel Sypek

Location: Cole Center

A fun, active class that includes physical play and movement with slides, balls, tunnels, beanbags and some parachute play! Parent or guardian participation is a requirement, so parents should be dressed to be active. (9 wks)

01 Wed Jan 4-Mar 8 9:30-10:15 am \$100
(No class on Feb 22)

INTRO TO DANCE (Ages 2.9-4)

Instructor: Cindy Wright

Location: Cole Center

A fun introduction to the wonderful world of dance. Students will develop gross motor skills, coordination, group skills and self-confidence. They will learn from the Instructor and from each other. Dancers will be encouraged to use their imaginations to explore/create their own individual styles. Students should wear ballet slippers or non-skid socks and any style/color dancewear or comparable attire. (10 wks)

01 Wed Jan 4-Mar 15 12:00-12:45 pm \$100
(No class Feb 22)

MINI KICKERS (Ages 2-4)

Instructor: Challenger Sports

Location: Cole Center

Mini Kickers is a fundamental introduction to the game of soccer for players 2 – 4 years of age. Challenger Sports experts and child development professionals have designed an innovative age appropriate curriculum to introduce your young soccer stars to the basic skills needed in soccer as well as their motor, social and psychological skills. Participants receive a ball and a shirt (if child already has a jersey, Challenger offers a backpack or Lenny the lion stuffed animal). (5 wks)

01 Tue Jan 10-Feb 7 11:00 am-12:00 pm \$75 (ages 2-4)
02 Tue Jan 10-Feb 7 12:00-1:00 pm \$75 (ages 2-4)
03 Sat Jan 14-Feb 18 3:00-4:00 pm \$75 (ages 3-4)
(No class Feb 11)

ON MY OWN PLAYGROUP (2-Pre-K)

Location: Cole Center

Playgroup provides a comfortable and relaxed environment for your child to develop social skills with children their own age. Activities include: free play, physical play, art, circle time with music, stories and dance.

ATTENTION!! Playgroup **WILL REGISTER AS A LOTTERY.**

Registration forms and payment are due on Monday, December 12 by 5 pm. Confirmation calls will be made after December 19.

Child must be the proper age on the first day of class.

Morning classes please bring a snack. Afternoon classes bring a lunch.
NO PEANUTS OR NUT PRODUCTS.

For more information on the program, please read our Parents Manual online at www.natickma.gov/recreation

M1	2 YO	Mon	Jan 9-Mar 27	9:00-11:00 am	\$135
T1	2 YO	Tue	Jan 10-Mar 21	9:00-11:00 am	\$135
T2	3 – Pre-K	Tue	Jan 10-Mar 21	11:30 am-2:00 pm	\$145
W1	2 – 3 YO	Wed	Jan 11-Mar 22	9:00-11:00 am	\$135
W2	3 – Pre-K	Wed	Jan 11-Mar 22	11:30 am-2:00 pm	\$145
Th1	2 YO	Thu	Jan 12-Mar 23	9:00-11:00 am	\$135
Th2	3 – Pre-K	Thu	Jan 12-Mar 23	11:30 am-2:00 pm	\$145
F1	2 YO	Fri	Jan 13- Mar 24	9:00-11:00 am	\$135

(No class 1/16, 2/20-2/24)

***NEW THIS YEAR. Wednesdays, 3 YO can stay from 9:00 am-2:00 pm.

Additional \$75 charge for coverage from 11:00-11:30 am

Register in person at the Cole Center for lottery by December 12.

pre-K programs

SOCCER JUNIORS (Ages 3–6)

Instructor: Global Premier Soccer

Location: Mon-Cole Center

Location: Sat-Prime Time Sports, 5A Michigan Drive, Natick

Natick Recreation has partnered with Global Premier Soccer (GPS) to bring an introductory soccer program to Natick. GPS has been very involved with the Natick Soccer Club over the last few years. The juniors program teaches the fundamentals of soccer using a fun and energetic curriculum that has been tailored to work specifically with 3-6 yr olds. Coach ratio is one coach to 10 players. (7 weeks)

01	Mon	Jan 9-Mar 6	3:30-4:30 pm	\$98
02	Sat	Jan 14-Mar 4	10:00-11:00 am	\$98

(No class Jan 16, Feb 20, Feb 25)

THUNDERCATS MINI SPORTS (Ages 4-Pre K)

Instructor: Thundercats Coaching Staff

Location: Cole Center

A fun program that will have participants playing soccer, basketball, Softie® hockey and other unique games like 'Sponge Bob' tag and 'Finding Nemo'. Emphasis will be on teamwork, hand-eye coordination and fun. (5 wks)

01	Thu	Jan 12-Feb 9	2:45-3:30 pm	\$65
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BIRTHDAY PARTIES AT THE COLE CENTER

- Want to host your party with us?
- Up to 2 hours of party time in our Game Room (Air Hockey, Foos Ball, Ping Pong, TV etc.)
- Up to 1 hour available GYM time (sports, tumbling, bounce house & game equipment included).
- Supervised by 2 recreation staff

Days/Times: Sundays ONLY 12:30-2:30 pm OR 3:30-5:30 pm.

Fee: \$175 for the 2 hours

You supply your own paper goods, cake and refreshments. Rental is space and equipment only.

RESERVE YOUR PARTY ONLINE!



youth programs

HOLIDAY LIGHTING AND FESTIVITIES ON THE COMMON

Sunday, November 27 • Time: 2:30-4:45 pm

The Town of Natick and the Natick Center Associates will "Light" up Downtown and the Common with festive activities, music and lights. (Not to mention Santa!) Details will be available through the schools and local newspapers.

FREE to the Public.

PUBLIC SKATING FOR NATICK RESIDENTS

Location 1: FMC/William Chase Arena, 35 Windsor Ave, Natick

Location 2: CSC Field, 117 East Central Street, Natick

FMC/William Chase Arena offers public skating Sunday-Friday, 1:00-2:30 pm for \$5. Rentals are also available. For more information and schedule for public skating or lessons, please go to <https://fmcicesports.com> and click on the William Chase Arena link.

The Town of Natick with a great assistance from the Land Facilities and Natural Resources department will set up a small (36' x 60') portable outdoor ice rink at the Community Senior Center field for public skating during the winter. Weather permitting the public should plan on the ice rink being available after January 1, 2017. We do not have any influence on Mother Nature, but we will do our best to keep the rink clear. The rink is small, but would be ideal for small children and their parents or grandparents to have some quality family time. Rink is not designed or intended to hold full scale hockey games.

PUBLIC SWIMMING FOR NATICK RESIDENTS

Location: Keefe Tech Pool, 750 Winter Street, Framingham

Natick Recreation and Parks Department in conjunction with the Framingham Parks and Recreation is pleased to provide public swimming at Keefe Technical School Pool on weekends. Pool availability may change as the season progresses. Youth 12 yrs and under must be accompanied by an adult. For more information and specific dates the pool is available or closed, please call the Framingham Rec. Dept., 508-532-5960

SNR	Sat	TBA	2:00-3:00 pm	FREE
ALL	Sat	TBA	3:00-4:30 pm	\$2/child, \$4/adult
ALL	Sun	TBA	2:00-3:00 pm	\$2/child, \$4/adult

youth
programs**ARCHERY (Grades 4 & Up)****Instructor: On the Mark Archery Staff****Location: Cole Center**

Engage yourself in one of the exciting technical sports in the world: recurve archery. This unique course instructs students in the fundamental building blocks of the shot process, including stance, grip, anchor and follow-through. Creative archery drills and games are embedded into the curriculum to help engage students throughout the entire session and keep them challenged as they progress. Classes are taught by two USA Archery and NFFA certified instructors. Enrolled students are eligible to compete in the On the Mark Archery tournament this winter 2017. All equipment is provided. (4 wks)

01	Mon	Jan 9-Feb 6	5:30-6:30 pm	\$98
02	Mon	Jan 9-Feb 6	6:30-7:30 pm	\$98

*(No class Jan 16)***ART • START WITH ART (Grades K-2)****Instructor: Christine Van****Location: Cole Center**

Be inspired by famous artists. We will work with watercolor paints, acrylic paints, oil pastels, pencils, markers and more. Students will explore sculpture, drawing, printmaking and painting. Our class is centered on each child's creativity and individuality. (6 wks/session)



01	Thu	Jan 26-Mar 9	3:45-4:45 pm	\$170
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*(No class Feb 23)***ART • START WITH ART (Grades 3-5)****Instructor: Christine Van****Location: Cole Center**

Be inspired by famous artists. We will work with watercolor paints, acrylic paints, oil pastels, pencils, markers and more. Students will explore sculpture, drawing, printmaking and painting. Our class is centered on each child's creativity and individuality. (6 wks/session)

01	Mon	Jan 23-Mar 6	3:45-4:45 pm	\$170
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*(No class Feb 20)***BLAST BABY SITTING (Grades 6-9)****Instructor: Juanita Allen, EMT and CPR & First Aid Instructor****Location: Cole Center**

Babysitter Lessons And Safety Training

Potential babysitters will learn how to handle the basics of infant and child-care. Topics you'll cover range from how to react responsibly to medical emergencies, how to perform first aid for common childhood injuries and illnesses, how to set-up and run your own babysitting business and how to entertain with games and songs. Participants will receive a certificate of completion, easy-to-follow first aid instructions, and a sitter checklist to copy for each job. Participants should bring a light snack and drink.

01	Wed	Feb 8	3:00-6:00 pm	\$48
02	Wed	Mar 15	3:00-6:00 pm	\$48

BRICKS 4 KIDZ: Plastic Bricks and Motor Engineering (Ages 6-10)**Instructor: Bricks 4 Kidz Staff****Location: Cole Center**

"Gadgets and Gizmos" is the theme for this session. Two extra classes – 8 weeks! In this STEM class your boys and girls love building our interactive Bricks 4 Kidz models out of LEGO bricks, gears, axles and motors. This unit is all about the fun of doing something with what you've built. From a spinning top to a spin art model, kids will love playing with their creations! But don't worry, we sneak in lots of learning, too – understanding probability in the "3-in-a-row" game model and learning about friction and symmetry with the spinning top lesson. Don't miss out. (8 wks)

01	Tue	Jan 17-Mar 14	4:00-5:00 pm	\$130
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*(No class Feb 21)***DECEMBER VACATION PROGRAM (Grades K-4)****Instructor: Recreation Staff****Location: Cole Center**

Sports, games, crafts and movies to help pass the winter vacation days! CPR & First Aid certified staff will supervise your child(ren) while you work! Bring a water bottle, snack and a lunch that does not need to be refrigerated.

01	Tue	Dec 27	9:00 am-3:00 pm	\$30
02	Wed	Dec 28	9:00 am-3:00 pm	\$30
03	Thu	Dec 29	9:00 am-3:00 pm	\$30

DO YOU BELIEVE IN MAGIC BEGINNER (Ages 8-12)**Instructor: Joe Carota****Location: Cole Center**

Learn the "art" of magic from a professional magician! Get hands-on assistance as you learn the secrets behind each trick. Participants will be able to keep a kit with props and booklet explaining each trick. (5 wks)

01	Fri	Jan 13-Feb 10	3:45-5:00 pm	\$110
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**DO YOU BELIEVE IN MAGIC ADVANCED (Ages 8-12)****Instructor: Joe Carota****Location: Cole Center**

Dive deeper into learning the "art" of magic from a professional magician! Get hands-on assistance as you learn the secrets behind each trick. Participants will be able to keep a kit with props and booklet explaining each trick. Joe will have new tricks to learn this time around to expand your knowledge and impress others with. (5 wks)

01	Mon	Jan 9-Feb 13	3:45-5:00 pm	\$110
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(No class Jan 16)

youth programs

EARLY DEVELOPMENT CENTER-SOCCER (Grades 1-2)

Instructor: Global Premier Soccer Coaches

Location: Prime Time Sports, 5A Michigan Drive, Natick

Natick Recreation and Parks has partnered with Global Premier Soccer (GPS) to bring the Early Development Center (EDC) to Natick this winter. The Early Development Centers (EDC) are for first and second grade boys and girls seeking additional professional coaching. The EDC is focused on developing an affinity with the ball and encourages our young players to be comfortable, creative and confident. Our coaches follow a specific curriculum provided by the GPS technical department to provide consistency in each of our geographic locations. (7 wks)

01	Sat	Jan 7-Feb 18	11:00 am-12:00 pm	\$135, Boys
02	Sat	Jan 7-Feb 18	11:00 am-12:00 pm	\$135, Girls



FANTASTIC FRIDAYS (Grades 5-6)

Instructor: Recreation Staff

Location: Cole Center

Fantastic Fridays includes a DJ, game tables, freeze dance and other games. Concessions are for sale as a fundraiser for future activities. Updates and dates are on the electronic scrolling boards at each Middle School. NEW THIS YEAR-Special events! Such as trivia nights, costume contests, movie nights with prizes like gift cards, free candy and more!

01	Fri	Jan 6	7:00-9:00 pm	Grades 5 & 6
02	Fri	Jan 20	7:00-9:00 pm	Grades 5 & 6
03	Fri	Feb 3	7:00-9:00 pm	Grades 5 & 6
04	Fri	Mar 3	7:00-9:00 pm	Grades 5 & 6
05	Fri	Mar 17	7:00-8:30 pm	Grade 4!

No pre-registration necessary. Please pay \$5 at the door.

FATHER & DAUGHTER VALENTINE'S DANCE

Location: Cole Center

A Valentine Dance spent with "Dad's Favorite Girl," his daughter. Uncles, brothers, grandfathers, etc. are welcome. Spend time with each other in a unique and fun way. Music, dancing, games, refreshments and memories are planned! **PRE-REGISTRATION IS A MUST! NO ONE WILL BE ALLOWED IN THE DOOR IF YOU HAVE NOT ALREADY REGISTERED.**

THERE ARE A LIMITED NUMBER OF SPOTS. \$16 a couple*

01	Sat	Feb 11	4:30-5:45 pm	Ages 4-K
02	Sat	Feb 11	6:00-7:15 pm	Grades 1-2
03	Sat	Feb 11	7:30-8:45 pm	Grades 3-4

*\$6 each additional daughter

Snow date Sunday February 12, times may be adjusted.

GIRLS SCIENCE CLUB (Grades 1-3) **NEW**

Instructor: Wicked Cool For Kids

Location: Cole Center

Engaging hands-on chemistry and geology projects will encourage girls to be junior scientists. Unlock the secrets of the laboratory to create customized soaps, lip balms, and lotions. Explore how chemists create formulas and make your own cool products to take home. New projects include creating brilliant salt crystals and investigating gems and geodes. (6 wks)

01	Tue	Jan 24-Mar 7	4:00-5:00 pm	\$112
(No class Feb 21)				

HOME ALONE SAFETY (Grades 3-5)

Instructor: Juanita Allen, EMT/CPR, first aid instructor

Location: Cole Center

Girls and boys learn telephone and door answering techniques, internet safety and accident and fire protection. They'll also learn some basic first aid and time management tips for when they are alone for short periods of time.

01	Wed	Feb 8	1:00-3:00 pm	\$43
02	Wed	Mar 15	1:00-3:00 pm	\$43

INTRO TO MUSICAL THEATER (Grades 2-4)

Instructor: Cindy Wright

Location: Cole Center

Children will develop acting, musical and dance skills as they prepare for a short musical theatre performance to be held on March 24.

NOTE: Class on March 10 will be from 3:30-5:00 pm. Performance on March 24 will begin at 5:00 pm. (11 wks)

01	Fri	Jan 6-Mar 24	4:30-6:00 pm	\$120
(No class Feb 24)				

MIDDLE SCHOOL EARLY RELEASE TO LAUNCH TRAMPOLINE PARK (Grades 5-8)

Instructor: Recreation Staff

Location: Launch Trampoline Park, Watertown

Stop feeling cooped up and get some energy out bouncing off the walls! Join us as we go to the LAUNCH trampoline park in Norwood. Fee includes entry for 2 hours, a slice of pizza and medium soda, transportation and chaperones. Buses will pick-up students at Wilson and Kennedy at 11:30 am. Drop-off is at the Cole Center (179 Boden Lane) at 4:30 pm.

01	Wed	Mar 15	11:30 am-4:30 pm	\$45
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youth programs

MIDDLE SCHOOL EARLY RELEASE SNOW TUBING (Grades 5-8)

Instructor: Recreation Staff

Location: Nashoba Tubing Park, Westford, MA

Don't spend the release day in front of the tube, spend it IN one. Join your friends on the tubing slopes at Nashoba for an afternoon of fun. Pack a lunch or bring money for lunch at the concessions. Fee includes tube rental for 3 hours, transportation and chaperones. Buses will pick-up students at Wilson and Kennedy at 11:30 am. Drop-off is at the Cole Center (179 Boden Lane) at 5:00 pm.

01 Wed Feb 8 11:30 am-5:00 pm \$45



MINI KICKERS SOCCER (Ages 5-6)

Instructor: Challenger Sports

Location: Cole Center

Mini Kickers is a fundamental introduction to the game of soccer for players 5 & 6 years of age. Challenger Sports experts and child development professionals have designed an innovative age appropriate curriculum to introduce your young soccer stars to the basic skills needed in soccer as well as their motor, social and psychological skills. Participants receive a ball and a shirt. (5 wks)

01 Sat Jan 14-Feb 18 2:00-3:00 pm \$75

(No class Feb 11)

Nashoba Valley Ski/Snowboard Lessons (Grades 3-8)

Staff: Nashoba Valley Ski School

Location: Nashoba Valley Ski, Westford, MA

Geared to beginners through intermediates, one-hour ski/snowboard lessons from 9-10 am plus 2-hours free ski per week. ***Attention Renters:** There will be a pre-season fitting with the Rental Staff from Nashoba at the Cole Center on Monday, December 12 from 5:00-6:00 pm. Those attending the fitting on December 12 should bring a check for \$110, made out to "Nashoba Valley Ski Area." ***NOTE:** Renters who do not attend the fitting on December 12 will need to go to Nashoba Valley on your own prior to first week of the program and get sized. **Please Note:** After you register, our office will send a "Nashoba Valley Snow Sports Released Liability" to each member via e-mail. These must be filled out and either brought back, mailed back, faxed or emailed before your child can ski or snowboard.

Cancellations: Call 508-647-6530 after 6:30 am and follow menu for cancellation information.

***NOTE:** If parents are interested in chaperoning please call Aaron Friedman at 508-647-6536 and indicate that while registering on line.

01 Sun Jan 8-Feb 12 7:30 am-1:15 pm \$315

NATICK DRAMA WORKSHOP (Grades 5-8)

Instructor: Cindy Wright – Director, Lisa Cigna – Choreographer, Chris Letizia – Music Director, Deb Finkelstein – Stage Manager

Location: Rehearsals at Cole Center

Location: Shows at Wilson Middle School

This program gives children an opportunity to experience and explore theater arts through their participation in a full-length musical production. There will be a mandatory meeting of all parents/guardians at 9:00 am on Saturday January 7 for an overview of our program and to sign up for various volunteer jobs that need to be done. At least one parent or legal guardian must accompany child to audition. Times below are subject to change. (\$100)

AUDITION	Sat	Jan 7	9:00 am-12:30 pm
PARENTS	Sat	Jan 7	9:00 am Mandatory Parent Meeting
REHEARSALS	Sat	Jan 7-Mar 25	9:00 am-12:30 pm
TECH	Sun	Mar 26	12:00-5:00 pm Tech Rehearsal
TECH WEEK	Mon-Thu	Mar 27-Mar 30	5:00-9:00 pm Tech Rehearsals
SHOW	Fri-Sun	Mar 31, Apr 1 & 2	varied times during show weekend

PARENTS NIGHT OUT (Grades K-4)

Instructor: Recreation Staff

Location: Cole Center

Drop the kids off for a night of games, crafts and movies while you have your own night of fun. Supervised by CPR & FA certified staff. Cheese pizza, a small snack and juice provided. Concessions are available for additional purchase. Please note, for a FULL refund, cancellations of reservations must be received at the Recreation Department office by noon the Friday before the event. Multi-child discount: \$6 off for 2nd child, \$12 off for 3rd + child(ren) PER INDIVIDUAL NIGHT REGISTRATION.

01	Sat	Jan 14	5:00-9:00 pm	\$18
02	Sat	Jan 28	5:00-9:00 pm	\$18
04	Sat	Feb 25	5:00-9:00 pm	\$18
06	Sat	Mar 11	5:00-9:00 pm	\$18
07	Sat	Mar 25	5:00-9:00 pm	\$18

PLAY TENNIS AMERICA (Grades 3-7)

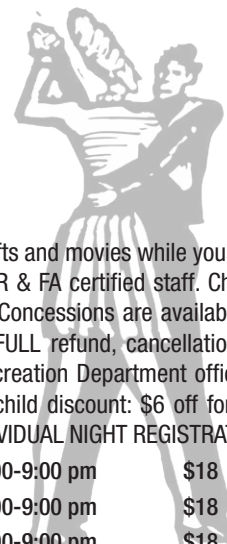
Instructor: Natick Racquet Club Staff

Location: Natick Racquet Club, 16 Michigan Drive, Natick

Basic fundamentals taught for beginners and advance beginners only, no advanced players.

(\$100, Session 01 and 02, 6 wks • \$85 Session 03 and 04, 5 wks)

01	Sun	Jan 8- Feb 12	5:00-6:00 pm	Grades 3-4
02	Sun	Jan 8- Feb 12	6:00-7:00 pm	Grades 5-7
03	Sun	Mar 5-Apr 2	5:00-6:00 pm	Grades 3 & 4
04	Sun	Mar 5-Apr 2	6:00-7:00 pm	Grades 5-7



youth programs

ROBOTICS • "ROBOTIC ARM" (Ages 10 & Up)

Instructor: Ed Harrow

Location: Cole Center

Participants will build their own robot arm (OWI Robotic Arm 'Edge'), a five motor, five -axis robotic arm with a 'gripper' that also rotates 120 degrees, all operated via a remote control, or via an optional computer control package (ask Ed). Participants will learn mechanical assembly skills, principles of gear-train theory and the transmission of mechanical energy. Prior knowledge is helpful but not required. (5 wks)

01	Mon	Feb 6-Mar 13	3:30-5:00 pm	\$165
(No class Feb 20)				

SAY NO TO CALCULATORS *NEW* (Grades 3-8)

Instructor: Swati Dave

Location: Cole Center

Learn to do real math calculations mentally without the need for a calculator. Calculation techniques include time, tips for restaurants, giving correct change, conversions and more. (5 wks)

01	Thu	Feb 9-Mar 16	3:15-4:15 pm	\$85 (Grade 6-8)
02	Thu	Feb 9-Mar 16	4:30-5:30 pm	\$85 (Grade 3-5)
(No class Feb 23)				



SOCIAL SKLZ *NEW* (Grades 8-12)

Instructor: Juanita Allen, EMT/CPR, First Aid Instructor

Location: Cole Center

In today's fast-paced world, the ways in which we interact are constantly evolving. While new technology has enhanced our lives in many ways, the art of face-to-face interaction remains crucial to success. socialsklz:-) equips children and with the vital tools needed to succeed on the playground, in the classroom and ultimately at the workplace. Through this fun, interactive workshop, **socialsklz:-)** teaches lessons including greetings and introductions, making a good first impression, starting conversations, patience and thoughtfulness, self-control, respect and consideration, dining and phone skills. The skills mastered are not only empowering, but build confidence and self-esteem, paving the way to a more fruitful life. The program has been widely touted and featured extensively in the media.

Essential tweenz: In this two hour workshop, tweenz ages 8 to 12 learn social and communication skills in-person and on the phone. Tweenz will gain valuable life skills, such as shaking hands with confidence, making phone calls and engaging others in conversation. The workshop includes a hands-on dining event.

01	Wed	Jan 11	3:30-5:30 pm	\$75
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STEM IS FUN FOR KIDS (Grades K-2)

Instructor: STEM Instructors

Location: Cole Center

Through hands-on activities and STEM, (Science, Technology, Engineering and Math) challenges, children will think, construct, experiment, discover and develop the desire to learn more. Children will explore the use of different tools that enable and emphasize STEM learning. Every class we will learn something new and experience a different kind of fun. All instructors are certified teachers and/or have STEM degrees or backgrounds. (6 wks)

01	Thu	Jan 5-Feb 9	3:30-4:30 pm	\$95
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STORYBOOK THEATRE (Grades K-1)

Instructor: Cindy Wright

Location: Cole Center

An introduction to theater: By bringing a familiar story to life, children will develop acting skills, build self-confidence and learn to work as a team. A short, informal performance will be held at the last class. (6 wks)

01	Fri	Jan 13-Feb 17	3:30-4:30 pm	\$80
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TERRIERS DODGEBALL (Grades 2 - 5)

Instructor: Terriers Dodgeball

Location: Cole Center

Kids love the fast paced action, throwing, catching and of course dodging balls in this great game. This program will be directed by Terriers Sports, who have run popular youth sports programs for twenty years. Participants will be placed on teams and provided with cool Dodgeball team shirts. Terriers also mix high-energy "arena" music into their sessions, creating an environment that kids love! Cushioned foam balls are used for safety.) (5 wks)

01	Wed	Jan 11-Feb 8	4:30-5:30 pm	\$125
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THUNDERCATS SPORTS JAM (Grades K-1)

Instructor: Thundercats Coaching Staff

Location: Cole Center

Baseball, basketball and soccer will be the core sports in which some skills will be emphasized. Program is co-ed and everyone should wear comfortable clothes, sneakers and bring a water bottle. (5 wks)

01	Thu	Jan 12-Feb 9	3:30-4:30 pm	\$75
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youth programs

THUNDERCATS SPORTS COMBO, DODGEBALL/BASKETBALL (Grades 2-3)

Instructor: Thundercats Coaching Staff

Location: Cole Center

Co-ed program consisting of a variety of different dodge ball related games; Doctor, bombardment, jailbreak and more! Gator Skin balls will be used. Other games will be mixed in to create a fun and exciting afternoon (5 wks)

01	Thu	Jan 12-Feb 9	4:30-5:30 pm	\$75
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WRESTLING (Grades 1-5)

Location: Natick High School

Program stresses fundamentals of wrestling in a structured and safe format regardless of size or weight. Participants wrestle in their own weight class. Included is also the possibility for some fun Saturday matches/jamborees. Mandatory parent orientation on Mon Nov 28, 6:00-6:45 pm, at Natick High, at least one parent or legal guardian must attend this meeting. New Wrestler: \$120, Returning Wrestler: \$90, please be sure to specify uniform size. New wrestler package includes; compression t-shirt, shorts, head gear and a cinch bag. Returning wrestler package includes compression t-shirt and shorts.

01	Mon	Dec 5-Feb 6	6:00-7:30 pm	Gr 1-3
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02	Mon & Thu	Dec 1-Feb 9	6:00-7:30 pm	Gr4-5
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(No class Dec 26, 29, Jan 2, 16)

36 HOUR MUSICAL-FEBRUARY VACATION (Grades 7-9)

Instructor: Debbi Finkelstein, NDW Stage Manager

Location: Cole Center

A fun and fast-paced musical production. For 2.5 days actors will have a full production experience, starting with auditions—all leading up to a performance at the end of the day for family and friends. Projected schedule; Wed, 10 am-5 pm, Thu, 9 am-5 pm and Fri, 9 am-4 pm.

01	Wed-Fri	Feb 22-Feb 24	times above	\$75
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Websites for Natick Youth Sports Leagues (Private parent run organizations that are NOT part of The Recreation and Parks Department)

AYF Football/Cheerleading

www.natickyouthfootball.org

Ice Hockey/Figure Skating

www.natickcomets.com

Lacrosse

www.naticklacrosse.com

Little League/Softball

www.natickll.org

Soccer Club

www.naticksoccer.org

Travel Basketball

natickbasketball.com



adult programs

ARCHERY (Ages 15 and Up)

Instructor: On the Mark Archery Staff

Location: Cole Center

Archery was huge in the early 1800's and it is growing in popularity due to the success of the Hunger Games franchise and the summer Olympic games. Whether you have never held a bow or you are an experienced archer, you will see improvement and progress as you focus on the most important elements of shooting in this all-inclusive sport. Relax, have fun and come join this addicting class. Classes are taught by two USA Archery and NFFA certified instructors. Enrolled students are eligible to compete in the On the Mark Archery tournament this winter 2017. All equipment is provided. (4 wks)

01	Mon	Jan 9-Feb 6	7:30-8:30 pm	\$98
(No class Jan 16)				

CO-ED VOLLEYBALL (Adults-High School Graduate and older)

Location: Community Senior Center

Players must be out of high school. Participants will play pick-up volleyball with the teams different each week. (23 wks)

01	Wed	Jan 4-Jun 7	6:30-8:30 pm	\$91
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DANCE EXERCISE (Adults)

Instructor: Judy Forman and Helen Thomas

Location: Cole Center Gym

Come and join the fun, great music and dances choreographed for everyone. Develop strength and balance while experiencing fun and fitness together! (12 wks)

01	Tue & Thu	Jan 3-Mar 23	6:15-7:15 pm	\$145/2 nights, \$95/1 night
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FIRST AID AND CPR CERTIFICATION (18+ YEARS OLD)

Instructor: Juanita Allen, EMT and CPR & First Aid Instructor

Location: Cole Center

This American Heart Association course is designed for individuals who may need to respond to a First-Aid emergency. Participants will learn how to handle injuries and manage illness in the first few minutes until professional help arrives. Six modules are covered; First-Aid Basics, Medical Emergencies, Injury Emergencies, Environmental Emergencies, Adult CPR/AED, Pediatric CPR. Course meets the requirements of child-care providers, teachers, foster care workers, camp counselors, scout leaders, coaches, etc. Certification is good for 2 years.

01	Wed	Feb 8	6:30-9:00 pm	\$73
02	Wed	Mar 15	6:30-9:00 pm	\$73

MEN'S OVER 50 BASKETBALL (Adults, Ages 50 & Up)

Location: Community Senior Center Gym

Pick-up game format will be used, pre-registration is a must. (22 wks)

01	Tue	Jan 3-Jun 6	7:00-8:30 pm	\$76
(No class Mar 28)				

MEN'S OVER 30 BASKETBALL (Adults, Ages 30 & Up)

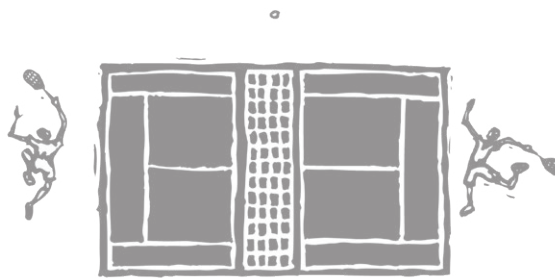
Location: Kennedy Middle School Gym

Pick-up game format will be used, pre-registration is a must. (22 wks)

01	Tue	Jan 3-May 30	7:00-8:30 pm	\$76
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Location: Community Senior Center Gym (22 wks)

02	Thu	Jan 5-Jun 1	7:00-8:30 pm	\$76
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PLAY TENNIS AMERICA (Adults)

Instructor: Natick Racquet Club Staff

Location: Natick Racquet Club, 16 Michigan Drive, Natick

Basic fundamentals taught for beginners and advance beginners only, no advanced players. (\$100, Session 01, 6 wks • \$85 Session 02, 5 wks)

01	Sun	Jan 8-Feb 12	7:00-8:00 pm	\$100
02	Sun	Mar 5-Apr 2	7:00-8:00 pm	\$85

PLAY TENNIS AMERICA SENIORS *NEW* (Ages 60 & Up)

Instructor: Natick Racquet Club Staff

Location: Natick Racquet Club, 16 Michigan Drive, Natick

Basic fundamentals taught for beginners and advance beginners only, no advanced players. (4 wks)

01	Mon	Feb 6-Mar 6	2:00-3:00 pm	\$70
(No class Feb 20)				

TAI CHI • BEGINNING & ADVANCED (Adults)

Instructor: Jon Woodward, Certified Tai Chi Instructor

Location: East School Gym, 90 Oak Street, Natick

Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed meditative movements. Tai Chi is sometimes described as "meditation in motion" because it promotes serenity through gentle movements-connecting the mind and body! For more detailed information on the class or Instructor, go to www.metrowesttaichi.com/natick (10 wks)

Beg	Mon	Jan 9-Mar 20	6:30-7:30 pm	\$85
Adv	Mon	Jan 9-Mar 20	7:45-8:45 pm	\$85
(No class Jan 16)				

WOMEN'S OPEN GYM BASKETBALL (Adults – High School Graduate or older)

Location: Kennedy Middle School Gym

Pick-up game format will be used, pre-registration is a must. (14 wks)

01	Wed	Mar 1-May 31	7:00-8:30 pm	\$52
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skyline adaptive programs

Serving the Natick Community and surrounding towns with adaptive and inclusive programs for individuals with special needs.

SPECTACULAR SATURDAY'S (Teens and Adults)

Location: Various locations

This 8 week program is an all day event that Skyline has been hosting for many years. You can pick one program or all day. You may only choose one program from each time slot and choices are for all 8 weeks.

Sat Jan 7-Mar 11

(No class Jan 14 and Feb 18)

COSMIC BOWLING (Teens and Adults)

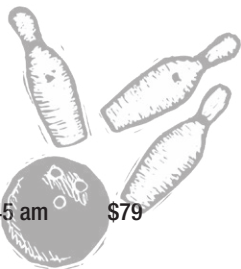
Location: Ryan's Family Amusements

1170 Main Street, Millis

Start your day off right with the whole gang by striking down the pins in Millis.

01 Sat Jan 7-Mar 11 9:15-10:45 am \$79

(No class Jan 14 and Feb 18)



ZUMBA WITH JAYNE

Instructor: Jayne Carney

Location: Kennedy Middle School

Learn the Latin inspired dance/fitness program that blends music with fun dance steps to form a "fitness party".

2A Sat Jan 7-Mar 11 11:30 am-12:15 pm \$78

(No class Jan 14 and Feb 18)

SKYLINE HOOPS

Instructor: Coach Dave

Location: Kennedy Middle School

Come learn the fundamentals of basketball while also improving your basketball skills. There will be games throughout the season.

2B Sat Jan 7-Mar 11 11:30 am-12:30 pm \$78

(No class Jan 14 and Feb 18)

FUN WITH ART

Location: Cole Center

Use your imagination and explore many ways to have fun with art.

2C Sat Jan 7-Mar 11 11:30 am-12:30 pm \$79

4A Sat Jan 7-Mar 11 2:00-3:00 pm \$79

(No class Jan 14 and Feb 18)

SATURDAY'S LUNCH BUNCH (Teens and Adults)

Location: Various locations

Join us for lunch as we visit local lunch spots to fuel up before our afternoon programs.

03 Sat Jan 7-Mar 11 12:30-1:45 pm At least \$10/wk

(No class Jan 14 and Feb 18)

DANCE (Teens and Adults)

Instructor: Nancy Kelley

Location: Nancy Kelley Dance Studio, 7 Pond St, Natick

Come join in on the fun and learn popular dance moves to catchy songs. (Transportation to the Cole Center after class)

4B Sat Jan 7-Mar 11 2:15-3:00 pm \$78

(No class Jan 14 and Feb 18)

SPECTACULAR SATURDAY'S TRANSPORTATION

Location: Various locations

Transportation is provided for all Spectacular Saturday activities. Starting from the Cole Center at 8:45 am to bowling, then to zumba/hoops/art, continuing to lunch, and either art or dance. The bus will return to the Cole Center after dance. There are limited seats on the bus so there is only room on the bus for the designated programs you are specifically signed up for.

05 Sat Jan 7-Mar 11 \$32

(No class Jan 14 and Feb 18)



COFFEE HOUSE (All Ages)

Location: Cole Center

Belt out your favorite song at Karaoke with friends. Pizza, drinks, and dessert/fruit will be available throughout the night.

01 Fri Jan 27 6:30-9:30 pm \$20

02 Fri Mar 24 6:30-9:30 pm \$20

DINNER, MOVIE AND GAMES (Teens and Adults)

Location: Cole Center

Join Marylou and Chris for dinner and dessert while playing games and watching movies on the big TV.

01 Fri Jan 13 5:30-9:00 pm \$20

02 Fri Feb 24 5:30-9:00 pm \$20

03 Fri Mar 31 5:30-9:00 pm \$20

Registration begins Thursday, December 8 7:00 pm

Register online at: <https://register.communitypass.net/natick> or call the Cole Center at 508-647-6530

skyline adaptive programs

SNOWBALL SOCK HOP DANCE (All ages)

**Location: Community Senior Center
(117 East Central Street Natick)**

Something old and something new this year for the annual snowball dance. This year we are changing the tradition so that we can accommodate more people. The space we will be using for dancing requires sneakers only on the floor, so we are having a sock hop! If shoes are needed please wear sneakers, otherwise we will have a room to take off and store your shoes (Wheel chairs can still be accommodated and are more than welcome on the floor). We love to celebrate all the love in our programs by making this our Valentine's Day Dance. Dinner will be 6:00-7:00 pm followed by dancing from 7:00-9:00 pm. (Door prizes will be given out at the dancing portion of the night).

01	Fri	Feb 10	6:00-7:00 pm	\$10
02	Fri	Feb 10	7:00-9:00 pm	\$10
03	Fri	Feb 10	6:00-9:00 pm	\$20

ST. PATRICK'S DAY DANCE (Teens and Adults)

Location: Cole Center

Come eat, dance, and hang out for this St. Patrick's Day celebration! Do not forget to wear green.

01	Fri	Mar 10	6:00-9:00 pm	Free
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SKYLINE JUNIOR HOOPS (Ages 6-18)

Location: Cole Center

Come join in on the new Skyline junior hoops program where we will be teaching the fundamentals of basketball while accommodating the needs of our athletes and improving their basketball skills. (7 wks.)

01	Sat	Jan 21-Mar 11	1:00-2:00 pm	\$65
(No class Feb 18)				

ADAPTED SKI LESSONS AT NASHOBA VALLEY (All ages)

Location: Nashoba Valley

This program will be run through Nashoba Valley with the help of our high school aged volunteers. You can be a first time skier or a skier who wants to learn more, all are welcome. Rental fee included. Cost of helmet not included (3wks)

01	Sun	Jan 8-Jan 22	3:00-4:30 pm	\$180
02	Sun	Feb 26-Mar 12	3:00-4:30 pm	\$180

STRETCH WHAT MATTERS YOGA (13 and up)

Instructor: Stretch What Matters Instructor

Location: Roots & Wings, 317 North Main Street, Natick

This class is for all abilities. Yoga is the perfect way to start your week. Students who benefit from additional support are welcomed to participate with no extra cost. (6wks)

01	Mon	Jan 2-Feb 13	5:00-6:00 pm	\$130
02	Mon	Feb 27-Apr 3	5:00-6:00 pm	\$130

TICKET TO ADVENTURE (Teens and Adults)

Location: Meet at the Cole Center

Enjoy 6 Saturday nights out with an event and dinner every time! Embark on new adventures with your favorite friends.

01	Sat	1/7, 1/21, 2/4, 2/18, 3/4, 3/18	5:30-10:30 pm	\$260
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WEEKEND WARRIERS (Teens and Adults)

Location: Meet at the Cole Center

It's easy to get off the couch on Friday nights with these fun activities. Enjoy Friday nights out with different events in the surrounding towns. Time is subject to change. You will be notified prior to the date with any changes. Jan 6: Dinner, Jan 20: Rock off Main Street at TCAN, Feb 3: We have a few things in the works and need to check on availability, Mar 3 Natick High School student run show.

01	Fri	Jan 6	6:00-9:00 pm	\$25
02	Fri	Jan 20	7:00-10:00 pm	\$25
03	Fri	Feb 3	TBD	\$25
04	Fri	Mar 3	6:30-10:00 pm	\$25

VACATIONERS (School Aged Children)

Location: Different sites

It is hard to go a whole week without school and programs. Join us as we go on different adventures or host events at the Cole Center over the school vacation weeks. This program is meant to be inclusive. Dec 27 Disney Day, Dec 29 Bowling and lunch, Dec 30 New Years Eve Bash, Feb 21 Skyline's got talent (We will explore all different talents as well as show off some of our own!).

01	Tue	Dec 27	9:00 am-3:00 pm	\$60
02	Thu	Dec 29	9:00 am-1:00 pm	\$38
03	Fri	Dec 30	9:00 am-3:00 pm	\$60
04	Tue	Feb 21	9:00 am-3:00 pm	\$60



adult daytime at the CSC

BOOKGROUP AT CSC- FICTION AND NON-FICTION HISTORY

LOCATION: COMMUNITY-SENIOR CENTER

Location: Community-Senior Center

Join Caleigh Ross from the Bacon Free Library for a fun book discussion on these historical books including both fiction and non-fiction. All are welcome to join whether you have a chance to read the book or not! RSVP requested, register in Community Pass and at the desk at Natick Community-Senior Center. Copies of the books are on hold at Bacon Free Library and also available as downloads on Minuteman Library Overdrive. Feel free to bring your own cup of coffee or purchase one at the center!

Tues Dec 13, Jan 17, Feb 21 1:00 pm Free

Book selections will be:

Dec 13 - Silent Night by Stanley Weintraub

Jan 17 - Falling Angels by Tracy Chevalier

***Feb 21: The Underground Railroad by Colson Whitehead*

this one is tentative, since it's so popular—we'll keep you posted!

Coming in March - How the Irish Saved Civilization by Thomas Cahill

BUTTERFLY EXPLORATIONS WITH AUDUBON NATURALIST EXPERT JOY MARZOLF

Location: Community-Senior Center

Join Joy Marzolf, Education Coordinator and Naturalist at Mass Audubon's Broadmoor Wildlife Sanctuary. Come and find out more about our local butterflies and dragonflies and what brings them to our neighborhoods.

Wed Feb 8 1:30-2:30 pm Free

**DON'T FORGET TO JOIN US FOR OUR DAY TRIP TO
BUTTERFLY MAGIC IN DEERFIELD ON MARCH 1.
DETAILS CAN BE FOUND ON PAGE 19.**

COFFEE AND CURRENT EVENTS

Location: Community-Senior Center

Discuss international, national, state and local issues of the day with Joe Weisse, the host of Conversations on the Natick Cable Government Channel. Joe serves on the Natick Safety Committee and on the MBTA Advisory Board. Joe, a 30-year resident of Natick, is a former state agency Public Information Officer.

Fri Dec 16, Jan 27, Feb 24 10:30 am Free

NEW -

COMMUNITY CONNECTIONS - SENIOR CENTER WITHOUT WALLS

New program offered via telephone for seniors unable to travel to the Community-Senior Center. The goal is to connect individuals with a social network as well as senior center activities from the comfort of one's own home. Calls will last 30, 45 or 60 minutes on topics ranging from current events, trivia, stories, coffee break, arm chair travel (ex. learn about other countries and their people) as well as topics identified by the callers. Calls will be led by volunteers who will share their skills, expertise and interests with those calling in. Pre-printed step by step and easy to read dial-in instructions will be provided. To participate or request additional information, please call Mindy Goldstein at 508-647-6540 extension 1919.

DIET AND EXERCISE STRATEGIES FOR MAINTAINING MUSCLE, BONE DENSITY AND HEALTHY JOINTS IN MIDLIFE AND BEYOND

Location: Community-Senior Center

With Jane Polley, Masters in Science, Registered Dietician, Licensed Dietician, Nutrition and Water Exercise Director at The Longfellow Clubs and Laila Vehvilainen, Director of the Active Aging Program at Longfellow; MS-Gerontology, Masters in Public Health and Certified Fitness Instructor. Class size will be limited to 25. Pre-registration required.

Tues Feb 28, Mar 7, 14, & 21 2:30-3:45 pm \$40 for all sessions

Class 1- An overview and discussion on maintaining muscle, bone and joint health for healthy aging along with the role of nutrition and exercise in your life.

Class 2- A talk on Protein basics, ideal body weight and take home exercises for maintaining muscle and bone density.

Class 3- We'll look at the role of an anti-inflammatory diet or better muscle, bone and joint health. Plus we'll demonstrate exercises for healthy joints.

Class 4- Handouts and discussion for diet and exercises with take home recommendations.

HISTORY OF THE STATUE OF LIBERTY WITH SPEAKER/HISTORIAN PAOLO DIGREGORIO

Location: Community-Senior Center

The Statue of Liberty is an international icon, a symbol recognized around the world. This talk will explore how and why the statue was built, what the original symbolism of the statue meant, and what the statue means to millions of people today. Along the way, we will meet some of the colorful characters who were involved in creating this symbol of our nation, and learn some interesting facts about Lady Liberty.

Wed Mar 8 2:00 pm Free

See the Statue of Liberty in person! Join us for our day trip to NYC on April 8th. Complete details are on page 19.

adult daytime at the CSC

OPERA APPRECIATION SERIES

Location: Community-Senior Center

This drop-in course will be guided by Ron Williams, an award winning artist familiar to opera and concert audiences throughout New England. He made his Boston Lyric Opera debut in 1992 after touring opera houses throughout Europe. He performed roles with several companies nationally including San Francisco Spring Opera, and Michigan Opera. He sang in the world premiere of "The Last Leaf" with Opera San Jose.

Due to the generosity of an anonymous donor, scholarships are available on a confidential basis for those who need it. Participants must apply each session the class is offered. Please contact Lorraine at the CSC for details.

Fri	Through Dec 16	10:30 am	\$5/class
Fri	Jan 6-Apr 21	10:30 am	\$5/class

SCAMS, FRAUD & IDENTITY THEFT PRESENTED BY DETECTIVE JOHN HASWELL, NATICK POLICE

Location: Community-Senior Center

Scam artists are lurking behind every keyboard and telephone. They want to take advantage of you and take what's yours. Please join us for an important seminar so we can help you, help yourself!

Wed	Feb 22	2:00 pm	Free
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SHIFTING GEARS: Driving Safety Program

Location: Community-Senior Center

Join MASS DOT presenter, Michele Elicks, Community Outreach, for tips on how to be a better driver, looking at frequent causes of collisions for older drivers, the warning signs of unsafe driving and medical conditions or medications that may affect your driving. She'll also review obtaining a disabled plate or placard.

Thu	Feb 23	2:00 pm	Free
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SLEEPING WELL: TIPS FOR A BETTER SLEEP

Location: Community-Senior Center

With Sleep Lab Manager, with Robb Webb, RPSGT, RST, MetroWest Sleep Disorders Center, MetroWest Medical Center

Do you chronically have trouble getting a good night's rest? Do you wake up feeling un-refreshed? An estimated 50 million US adults have sleep or wakefulness disorders. Join Robb as he talks about the causes of sleep difficulties, treatments/procedures, and how to identify them- helping you get back on track with a healthier life!

Wed	Feb 15	2:00 pm	Free
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SOCIAL SECURITY OVERVIEW OF BENEFITS AND UPDATES

Location: Community-Senior Center

With Sabrina Feliciano, Public Affairs Specialist with Social Security Administration

Come and learn about benefits & services provided by Social Security, how to qualify for benefits, how and when to apply, online services, planning tools and more. Prior to attending this session we recommend you visit the website, and create your own Social Security account at www.socialsecurity.gov/myaccount which will provide you with an earnings statement.

Thu	Feb 16	2:00 pm	Free
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WALK AT THE WELLESLEY COLLEGE GREENHOUSES

Location: Meet at the Wellesley College Margaret C. Ferguson Greenhouses Visitor Center. Park in Grey Lot by Science Center and come explore this local gem and escape the winter doldrums! Join this docent-led walk leading through sixteen interconnected greenhouses comprising 7,200 square feet under glass. Please call the CSC at 508-647-6540 to sign up.

Mon	Feb 13	10:00 am	Free
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COMPUTER LAB

Instructors: Tom Swan & Ray Berggren

Location: Community-Senior Center

Drop-in, first come, first served with your computer questions.

Mon & Fri	9:00 am-12:00 pm	ongoing	Free
Tue, Wed, Thu	1:00-3:00 pm	ongoing	Free

FOSS (FREE, OPEN-SOURCE SOFTWARE) USER GROUP

Location: Community-Senior Center

Learn about good, free, reliable software for your computer, and share ideas with others who use it! The best of it rivals what you can buy, and also breathes life back into weaker computers. All computer users are welcome. Usually meets the first Thursday of the month, except on the second Thursday in January, July and September.

Thu	Dec 1, Jan 12, Feb 2	3:00-6:00 pm	Free
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DO YOU NEED HELP PREPARING YOUR TAXES?

IRS trained and certified AARP tax volunteers will be available, *by appointment only*, to prepare your **2016 Federal and State Income Tax returns beginning in early February**. There is no cost for this service. The program is designed to assist all people of low to middle income with special attention given to those age 60 and older. Tax volunteers are also available to assist older residents who are unable to leave their home due to illness or disability. To arrange for this service, please contact Lorraine at 508-647-6540. Tax appointments will be held at the Community-Senior Center, 117 East Central St. You may schedule your tax appointment beginning on **Tuesday, January 24, 2016** by calling 508-647-6540.

Please don't forget to bring with you:

- A photo ID
- Social Security Card
- 2015 Tax return
- Any/all other relevant tax documents

adult daytime at the CSC



FITNESS

Location: Community-Senior Center

The Fitness Room at the CSC is a small community gym with cardiovascular equipment, KEISER Pneumatic weight machines, and free weights. To join you must complete an orientation session, which you can sign up for at the front desk at the CSC.

Mon-Fri	7:30 am-8:00 pm
Sat	8:00 am-12:30 pm

SMALL GROUP PERSONAL FITNESS

Instructor: Fitness Together Staff

Location: Community-Senior Center

Small group personal training will focus on strength, flexibility, and balance during the twice-a-week sessions. Individual needs and concerns will be addressed. You will be asked to fill out a health questionnaire for the instructor when you sign up. New sessions start each month. **Class size is limited to 8.** *There will be no classes on Nov 24 or Dec. 15.*

We also have additional classes at 10:00 am and a **new class starting at 11:00 am.**

Tue & Thu	Nov 15-Dec 13	7:00-8:00 pm	\$100 per session
Tue & Thu	Dec 20- Jan 12	7:00-8:00 pm	\$100 per session
Tue & Thu	Jan 17-Feb 14	7:00-8:00 pm	\$100 per session

Register at CSC, 508-647-6540, cash or check, payable to 'Town of Natick' due upon registration.

WEEKLY EXERCISE PROGRAMS AT THE CSC

Location: Community-Senior Center

Chair Yoga:	Mondays	10:00 am
Chair Aerobics:	Tues, Weds & Fri	11:00 am-12:00 pm
Line Dancing:	Wednesdays	12:00-1:00 pm
Muscle Building: Low to Moderate Band Exercises:	Tues and Thurs	11:00 am
Muscle Building: Advanced Band Exercises:	Tues and Thurs	10:00-11:00 am
Evening Muscle Building:	Tues and Thurs	5:30-6:30 pm
Strength Training:	Fridays	10:00-11:00 am
T'ai Chi:	Fridays	11:15am-12:15 pm
Yoga:	Fridays	2:15-3:30 pm
Zumba:	Mondays	12:30-1:30 pm

FUEL ASSISTANCE

2016-2017 WINTER SEASON

Natick Human Services will be helping Natick residents complete applications for the Low Income Home Energy Assistance Program (LIHEAP) for the upcoming winter season. Applicants may be Natick residents of any age, home owners or renters, pay for their own heat or in some circumstances have it included in their rent. New applicants can begin applying on November 1st.

If you are over income for the LIHEAP program, you may be eligible for fuel assistance through the Salvation Army's Good Neighbor Energy Fund (GNEF). Income guidelines will be available in December and applications can be submitted after January 1st.

Please call Debbie Budd, Case Manager, at (508) 647-6540 with any questions about fuel assistance, income eligibility guidelines or to schedule an appointment to complete an application.

NEW OFFICE & FITNESS CENTER HOURS AT THE CSC:

As of July 1, 2016, the Council on Aging changed its hours. We are now open: Monday–Wednesday, 8:30am–5:00pm, Thursdays, 8:30am–7:00 pm and Fridays 8:30am–2:30pm.

On August 1st, the Fitness Center hours also changed to: Monday–Friday, 7:30am to 8:00pm and Saturdays, 8:00am to 12:30pm

LUNCH OPTIONS AT THE COMMUNITY-SENIOR CENTER

When visiting the center consider staying for lunch. Three options are available from 11:00am–2:00pm in the Great Room. The Lincoln Café, operated by The Friends of the Natick Senior Center features soups, salads, sandwiches and daily specials. Meet & Potatoes, a program of BayPath, serves a hot, complete entrée for those who prefer their main meal in the afternoon or bring your own lunch!

2017 SENIOR PARKING PERMITS

Senior citizen 2017 parking permits will be available in December to Natick residents age 65 and older for a \$2.00 fee. Parking permits are available for purchase at the CSC and cover the calendar year (Jan-Dec). A license and a car registration are required at the time of purchase.

winter trips guide

EXPLORING COMMUNITY ATTRACTIONS ON THE NATICK CONNECTOR BUS 2017

Exploring Community Attractions on the Natick Connector Bus

There is a \$4 non-refundable registration bus fee for all trips. Each visit is approximately 1 ½ hours. Bus departs from Natick community-Senior Center, 117 East Central St. Call 508-647-6540 for more information. Registration required by paying at Natick Community-Senior Center or online at Community Pass.

JACKSON HOMESTEAD AND MUSEUM Celebrating Black History Month

The Jackson Homestead, Newton Corner, is an historic house that served as a station on the Underground Railroad before the Civil War. Come and explore it with us.

Wed Feb 15 10:30 am \$5 senior admission

DAVIS MUSEUM, WELLESLEY COLLEGE

Recently renovated, the Davis Museum was founded more than 120 years ago by the first President of Wellesley College. The Davis collections span global history from antiquity to the present and include masterpieces from almost every continent, are housed today in an extraordinary museum building, designed by Rafael Moneo, winner of the Pritzker Architecture Prize. The permanent collection of about 11,000 objects ranges from antiquity to the present day. The artists represented in the collection include Vasari, John Singleton Copley, George Inness, Paul Cézanne, Willem de Kooning, Jackson Pollock, Andy Warhol, Sol LeWitt as well as works by Giacomo Manzù and Alberto Diego Giacometti.

Wed Mar 22 10:30 am Free



DAY TRIPS WITH FOX BUS TOURS & NATICK CSC

Day Trip to Museum of Fine Arts, Boston and special exhibit of William Merritt Chase

Friday, January 6, 9:30 am departure, \$18
(snow date Friday, January 13)

Join us for a day excursion to the Museum of Fine Arts in Boston! With the special exhibition of the works of William Merritt Chase (1849–1916) who was a brilliant observer, an innovative painter, and a leader in international art circles at the turn of the last century.

Bus will depart from Natick Community-Senior Center at 9:30am and from the MFA at 2:30 pm to return back to the CSC at approximately at 3:30 pm. Lunch (not included) options at the Museum include 4 eateries including, cafeteria, 2 cafes and restaurant. Skip the hassle of driving/ parking in town & ride with us! Please call 508-647-6540 if you have any questions. Thank you to Whitney Place Assisted Living Residences and Heritage at Framingham Senior Living for their generosity in providing the transportation. (This event is a non-refundable purchase.)



DAY TRIP TO BUTTERFLY MAGIC IN DEERFIELD, MA

Wednesday, March 1, 2017, \$87, *Trip insurance is available for an additional \$10.*

Bus departs 8:30 am from Natick Community-Senior Center and arrives home approximately 5:30 pm.

Enjoy the beauty of butterflies and the peaceful setting as you stroll through the newly expanded 8,000-square foot Francis R. Redmond conservatory with over 2,000 native and tropical butterflies year round. Lunch included at Chandler's Restaurant.

DAY TRIP TO NYC TO VISIT STATUE OF LIBERTY, ELLIS ISLAND AND THE 9/11 MEMORIAL.

Saturday, April 8, \$89 includes ferry ticket, luxury bus & lunch is on your own. (16 and under is \$79) *Trip insurance is available for an additional \$10.*

Depart at 6:30 am for NYC with a coffee stop along the way. Upon arriving at Battery Park in New York, you will board a ferry which will take you to the Statue of Liberty and Ellis Island. There are cafeterias on both Ellis and Liberty Island for lunch on your own. After returning to Battery Park, our group will visit the 9-11 Memorial. Your expected arrival home is 10:30 pm.

organic farm programs



ALL PROGRAMS

All programs take place at the Natick Community Organic Farm. All registration takes place online at www.natickfarm.org. Current NCOF Members automatically save 20% on program fees.

2016/2017 WINTER PROGRAMMING

NCOF has been providing residents with productive open space, farm products, and hands-on education to people of all ages, year-round since 1975. Our 27 acres are open daily during daylight hours with no admission for your visits and purchases. Here's what's going on this season:

- Gardens planned and seeds ordered
- Organic, greenhouse-grown salad greens for sale
- School Programs: Maple Sugaring, Honey Bees, Egg to Chicken
- Maple sugaring, including public tours & Maple Magic Day Sat. Mar 4

AFTERSCHOOL FARMERS (Grades K-4)

This program will involve students in our everyday Farm operations, from animal chores to maple sugaring. Memorial students will be walked over from school by Farm staff. Please indicate the age of your child/ren in the "notes" section of the online registration. Note: Program will not meet on Natick Early Release Days.

01A	Mon	Feb 6-Apr 3	3:15-4:45 pm	\$204/\$168
01B	Mon	Feb 6-Apr 3	3:15-6:00 pm	\$374/\$308
02A	Tues	Jan 31-Mar 28	3:15-4:45 pm	\$204/\$168
02B	Tues	Jan 31-Mar 28	3:15-6:00 pm	\$374/\$308
03A	Thu	Jan 19-Mar 16	3:15-4:45 pm	\$204/\$168
04	Thu	Jan 19-Mar 16	3:15-6:00 pm	\$374/\$308

(No program on Feb 20, 21, 23)

AFTERSCHOOL IN THE WOODS (Grades K-4)

Let's reclaim our woods for afternoon play and exploration. There will be time for hikes, wood working and building shelters. Memorial students will be walked over from school by Farm staff.

02A	Wed	Dec 14-Mar 1	3:15-4:45 pm	\$204/\$168
02B	Wed	Dec 14-Mar 1	3:15-6:00 pm	\$374/\$308

(No program Dec 28, Jan 11, Feb 8, Feb 22)



FEBRUARY VACATION FARMERS (Grades K-4)

Experience the Farm in winter. Care for the animals, enjoy the warmth of the greenhouse, learn winter crafts, make yummy treats, and explore winter in the woods. You'll be part of the opening maple sugaring season. If the weather is right, you'll help tap the sugar maples!

01	Tue-Fri	Feb 21-24	9:00 am-12:00 pm	\$204/\$168
02	Tue-Fri	Feb 21-24	1:00-4:00 pm	\$204/\$168



FEBRUARY VACATION WORK EXPERIENCE (Grades 5-8)

Middle School students are invited to join the Farm staff during February Vacation to help with our maple sugaring operation, work in the greenhouses, care for our animals and their new arrivals, and help with maintenance.

01	Tue-Fri	Feb 21-24	8:30 am-12:00 pm	\$238/\$196
02	Tue-Fri	Feb 21-24	1:00-4:30 pm	\$238/\$196

HOMESCHOOLING AND FARMING AT NCOF (Ages 5-10)

Please join us for a year-round, hands-on program that involves children in our everyday Farming operations, from working in the solar greenhouses to tapping maple trees. Every week we start the morning with animal chores. Over the course of the year, children will gain deep insight into the varied aspects of work on a farm and where our food comes from. This is a drop-off program.

03	Tue	Jan 10-Mar 21	9:00 am-12:00 pm	\$480/\$390
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(No program on Jan 16, Feb 20)

HOMESCHOOLING AND FARMING AT NCOF (Ages 11-14)

This opportunity for middle-school-aged youth is all about working together to solve problems creatively and contribute meaningfully to the Farm's mission. These intrepid students participate in every aspect of the farming season, from harvesting in the fall to sugaring in the winter, to planting in the spring. Join us in growing people while growing food.

03	Mon	Jan 9-Mar 20	8:30 am-2:30 pm	\$720/\$585
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organic farm programs

MAPLE MAGIC DAY (For all ages)

Location: Natick Community Organic Farm & Memorial School

Pancake breakfast & celebration 8-11am at Memorial School Native, colonial, and modern sugaring tours 9:00 am-2 pm on the half hour.

Sat Mar 4 8:00 am-2:00 pm

Pricing and details at www.natickfarm.org

MAPLE SUGARING (For all ages)

Learn how sap is turned into maple syrup! You'll watch sap drip into the buckets, visit our sugar shack, and enjoy the sweet smells of this New England tradition. Tours can be tailored for scouts, youth groups, schools, adults, and families. Preregistration required. Please note we cannot guarantee boiling

01	Mon-Fri	Feb 25-Mar 25	1:00-1:45 pm	\$7
02	Mon-Fri	Feb 25-Mar 25	3:30-4:15 pm	\$7
03	Mon-Fri	Feb 25-Mar 25	4:15-5:00 pm	\$7
04	Sat	Feb 25-Mar 25	9:30-10:15 am	\$7
05	Sat	Feb 25-Mar 25	11:00-11:45 am	\$7



SCOUT PROGRAMS

Check us out for December Holiday Crafts, Interactive Farm Tours, Chore Time, and troop badges. For more information, go to www.natickfarm.org and email christine@natickfarm.org

SUMMER PROGRAM REGISTRATION

Opens Jan 15: for current NCOF members; opens Mar 15: for the public. Our popular summer programs youth ages 4 through 14 let your child(ren) encounter all things animal, vegetable and mineral in engaging, hands-on, and timeless ways. Spots for younger children fill quickly; please consider joining the Farm as a member at the \$100 level or higher to take advantage of priority registration.

HOLD YOUR EVENT IN A WINTER WONDERLAND

The Farm's education center is a great place to hold a party or an informal holiday gathering. Go exploring, hike our woods, stage a scavenger hunt, reserve a tour, or just hang out in front of our cozy woodstove. For details and fees, go to www.natickfarm.org

BE A FARM VOLUNTEER! We are currently looking for:

FARM WORKERS Now-June, Mon-Thu, 9:00 am-4:30 pm

Participate in all aspects of outdoor, seasonal farm work. Ideal for adults, high schoolers with community service hours or internships, college students, families with children age 12+, and Eagle or Gold Award Scout projects. Training provided. Regular schedule preferred. To sign up, email or call christine@natickfarm.org; 508-907-6019

MAPLE MAGIC DAY HELPERS Sat, Mar 4, 7:00 am-3:30 pm

Assist with event set up, running and take down at Memorial School and NCOF in 2- to 4-hour shifts. Fun for adults, high schoolers with community service hours or internships, college students, Parent(s) working alongside child/ren aged 8+; scout troops needed for table cleaning. Some sit-down tasks available. To volunteer, email events@natickfarm.org

FARM AMBASSADORS Ongoing

Support NCOF's outreach efforts by representing the Farm at local community events and by developing creative ways to share the Farm love with our community. For more information, email ericdstich@gmail.com



Remember Your Farm for

- Scout troop camping, crafting, and badge projects
- Volunteering
- Barn Birthday Bashes

Register online at www.natickfarm.org

morse institute library

ALL LIBRARY EVENTS ARE FREE AND OPEN TO ALL.

For more information about library services or events, or to book a room for your group or organization, call the library at 508-647-6520. Visit us online at morseinstitute.org or subscribe to our weekly email at morseinstitute.org/newsletter to see our full calendar of events and to keep up with library news.



DROP-IN SATURDAY EVENTS FOR CHILDREN

A rotating schedule of drop-in activities in the Children's Room includes Open Lego®, Sit-With-Me Story and Craft Time, and Craft Time. Call for each week's program information!

Most Saturdays	10:30 am	Free
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WINTER MELODIES

A concert with the Broadmoor Chamber Singers

Sat	Dec 3	3:30 pm	Free
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HEALTH TOPICS IN THE COMMUNITY: FOOD INSECURITY

Film screening followed by panel discussion of important health topics facing the community. The December film will be *A Place at the Table*. A light supper will be served before the screening.

Mon	Dec 5	6:00 pm	Free
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A DRAMATIC DICKENS' CHRISTMAS CAROL

Performer Al LePage brings Dickens' *A Christmas Carol* to life with accents and costume in the one-man, eighteen-character show. Appropriate for all ages.

Sat	Dec 10	2:00 pm	Free
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FRIENDS OF THE MORSE INSTITUTE LIBRARY BOOK AND BAKE SALE

Support the library at the Book and Bake Sale!

Sat	Jan 21	9:30 am-4:30 pm	Free
Sun	Jan 22	12:00-3:00 pm	Free

Children's and Teen events weekly!
Check out our online calendar for the full event list.

THE ADVENTURE'S ON US

Morse Institute offers many free or reduced admission passes to area museums, historical sites, and cultural centers. Call the library at 508-647-6520 or visit us online to see the complete list of passes.

HEALTH TOPICS IN THE COMMUNITY: MENTAL HEALTH

Film screening followed by panel discussion of important health topics facing the community. The January film will be *Healing Voices*. A light supper will be served before the screening.

Mon	Jan 23	6:00 pm	Free
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FAMILY FUN WITH MUSIC

Musicians from the Wellesley Symphony Orchestra will introduce children and adults to the instruments that make up an orchestra. Fun for the whole family!

Sun	Jan 29	3:00 pm	Free
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WICKED PISSED: NEW ENGLAND'S MOST FAMOUS FEUDS

Ted Reinstein of Chronicle brings history alive with fascinating stories from politics, food, engineering and more. Adults and school-aged children welcome.

Tue	Feb 7	7:00 pm	Free
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Like to read on a Kindle or iPad?

You can check out free books and audiobooks for your device via the library. Want to learn more? Stop by the library's reference desk to get a one-on-one tutorial or visit morseinstitute.org/digital-collection/ebooks to get started using digital media through the library.

Learn English at the Morse Institute Library

Literacy Unlimited in Natick provides materials and free classes for adults learning English or basic literacy skills as well as one-on-one tutoring. We also provide support services for volunteer tutors and trainers. For more information contact Laurie Christie at 508-647-6400 x1583 or literacy@morseinstitute.org.

Morse Institute Stitchers

Have fun while doing good! The MIL Stitchers is a service-oriented knitting and crocheting group meeting the first Saturday of every month at 11:00 am and working collaboratively to create handmade items for various non-profit organizations.

Bookgroups at the Morse Institute Library

Call us at 508-647-6520 for more information about participating in one or more of our 3 book groups.

bacon free library

REGULAR EVENTS

CRAFTERNOONS

Bring your knitting, crocheting, sewing, scrapbooking, and other projects to the BFL for a fun crafternoon every Monday!

Mondays 3:30-4:30 pm Free

STORYTIME

Come listen to a variety of stories with Fran, do a craft, and find some great books to take home!

Tuesdays, Wednesdays, and Fridays 10:00-11:00 am Free

SATURDAY STORYTIME!

Come listen to a variety of stories with Fran, do a craft, and find some great books to take home!

2nd and 4th Saturday of the Month 11:00 am Free

FRENCH CONVERSATION CLUB

Vous parlez français? Venez nous rejoindre pour pratiquer votre français.

First and Third Saturday of the Month 9:15-10:15 am Free

SPANISH CONVERSATION CLUB

¿Habla usted español? Join us for an hour of Spanish conversation and brush up on your language skills

First and Third Saturday of the Month 10:30-11:30 am Free

ADULT COLORING BOOK CLUB

Coloring Books are not just for kids anymore!

Thursdays 2:00 pm Free



We are adding new family friendly and adult programs all the time, so please also check our website and join our email list to stay on top of all of the fun things going on at the BFL!

BOOK CLUBS

ADULT GENERAL BOOK CLUB

Join us for a discussion of some of the latest buzzworthy fiction titles!

Thursdays Sep 8, Oct 13, Nov 10 7:00-8:00 pm Free

COOKBOOK CLUB

If you love to try new recipes, check out our latest cookbook club pick, make one of the recipes, and bring it to share in a delicious meal together!

Saturdays Dec 3, Jan 28, Feb 25 12:00-1:00 pm Free

ENVIRONMENTAL BOOK CLUB

Join us for a discussion of a topic related to environmental issues!

Tuesdays Dec 6 Jan 3, Feb 7 7:00-8:00 pm Free

GRAPHIC NOVEL BOOK CLUB

Join us at the Morse Institute Library for a discussion of some fabulous graphic novels for grown-ups!

Thursdays Dec 8, Jan 12, Feb 9 7:00-8:00 pm Free

"GULP FICTION" 20-30 SOMETHING BOOK CLUB

20-30 Somethings! Grab a drink and enjoy a discussion with fellow young professionals and lit-lovers! Check our website for location!

Wednesdays Dec 14, Jan 11, Feb 8 6:30-8:30 pm Free

HISTORY BOOK CLUB

Join us at the Natick Community Center as we discuss a blend of historical fiction and nonfiction!

Tuesdays Dec 13, Jan 17, Feb 21 1:00-2:00 pm Free

MYSTERY BOOK CLUB

Join us for a conversation about a suspenseful mystery!

Thursdays Dec 1, Jan 5, Feb 2 1:00-2:00 pm Free

ROOKIE BOOK CLUB

Boys and girls in grades 1-3 are welcome to join us in a discussion of an age-appropriate book!

Tuesdays Dec 6, Jan 17, Feb 21 4:00-5:00 pm Free

TWEENAGE BOOK CLUB

Kids in Grades 4-6, join us in a conversation of an age-appropriate book!

Tuesdays Dec 27, Jan 24, Feb 28 4:00-5:00 pm Free

volunteering

VOLUNTEER OPPORTUNITIES

Volunteering for the Council on Aging just got easier! If you are interested in becoming a COA volunteer you just go to www.myvolunteerpage.com and search for "Natick". You will be brought to our new volunteer page where you can get information about volunteer opportunities and apply online to become a volunteer.



TRANSPORTATION VOLUNTEERS

Volunteers are needed in our transportation program. We provide transportation for seniors and residents of all ages with disabilities to medical appointments and other destinations locally as well as in Boston. Drivers have the opportunity to meet and get to know many new people while providing a much needed service. This opportunity allows for a flexible schedule, and drivers use their own car to drive people to destinations to which they are comfortable. Drivers can also opt to drive our new MWRTA sponsored van. If you are driving the van there is no special license required; however, training will be provided and you will be scheduled into morning or afternoon shifts.

ENGINEERING FOR HUMANITY: HELPING ELDERS AGE IN PLACE THROUGH PARTNERSHIPS FOR HEALTHY LIVING

Natick Council on Aging is collaborating with Olin College in Needham to help them with an exciting course taught by 2 Olin College professors. One aspect of the course is to match older adults with students from Olin Wellesley, and Babson Colleges.

Older adults will have contact with interested students who want to learn about their daily lives and will collaborate with them to design and implement simple engineering solutions to everyday problems. Project participants will also be invited to attend classes and field trips at Olin for occasional events. **Older adults** must be at least 65 years old, available late January to early May 2017 and be willing to have students come to their homes.

For more information, contact Karen by email at kedwards@natickma.org or 508-647-6540.

transportation

TRANSPORTATION PROGRAM

The Natick Connector is a convenient, secure and accessible transportation service for seniors and disabled residents. **We are now operating Monday-Friday from 9am-4pm and in addition to our 12 passenger van, we will now also be using a smaller SUV type vehicle.** The service provides door to door transportation to medical appointments, grocery stores, and other personal services in Natick, and the surrounding towns of Framingham, Wellesley, Wayland, Ashland, and Sherborn. The cost for a one-way is \$2; round trip is \$4. Cash is not accepted on-board; call the MWRTA to set up accounts from which the fare is deducted. To register for the service and set up your accounts, please call the Call Center at **508-820-4650** and tell them you want to set up an account with the Natick Connector. Please call two business days before you need a ride. Contact Jack with questions or comments at 508-647-6540

JUST A REMINDER

Just a reminder that people with handicap placards are free to park anywhere in the CSC parking lot. They need not limit themselves to a handicapped spot if they find a non-handicapped spot closer to the building. Also be aware that all the spots that run parallel to the building in the front are now marked for handicapped parking only. Please be advised that there is **NO PARKING** in the striped spaces. These spaces allow for those in a wheelchair additional room to get in and out of their vehicles. **Parking in these spots is subject to at \$250 fine.**

TAXI COUPONS

Natick Council on Aging has a taxi coupon program with local taxis for seniors and residents with disabilities who are unable to access other transportation resources. The intent of this program is to assist in paying the taxi fare, not to pay the total fare. Taxi coupons are assigned, are non-transferable, have no cash-back value and expire at the end of the fiscal year, June 30, 2017. *For additional information, go to www.natickma.org.*

RMV NEAR ME

The Council on Aging can now conduct certain Registry of Motor Vehicles transactions on-line with assistance from trained volunteers and staff. Trained volunteers will assist with:

- License Renewals*
- Duplicate License Request
- Renew Mass ID
- Registration Renewals or Cancellations
- Change of Address
- Enroll as an Organ and Tissue Donor
- Obtain Disabled Placard and Plate form

*If you are 75 years old or older, or have already used your license photo twice, you will need to complete your transaction at the Registry of Motor Vehicles.

By appointment only at the CSC, call 508-647-6540

Town of Natick Community Gardens

Register for the Lottery



Natick is fortunate to have two community garden sites in Town.

JJ Lane offers 26 plots

Hartford Street offers 60 plots

Each year, some plots become available.

In Natick, any resident may apply for a garden plot when slots become available, and a few do each year. All gardeners are selected by lottery.



Gardeners must pay a plot fee and abide by a set of rules, the most important of which is to commit to organic gardening principles. Town staff and fellow gardeners provide support and are available to answer questions throughout the growing season.

Now's your chance to apply!

Email your contact information to lynda@natickfarm.org. Be sure to note "Community Garden Lottery" in the subject line. You'll know if your name was selected by December 15th.

For more information please visit: <http://www.natickma.gov/1273/Community-Gardens>



Community Education and Resources
Community Services Department
Town of Natick
117 East Central Street
Natick, MA 01760

PRSRT STD
U.S. POSTAGE
PAID
NATICK, MA 01760
PERMIT #35

Postal Patron
Natick, MA 01760

NATICK 2030+

Comprehensive Master Plan

**Your Town, Your Voice
Help Plan the Road to Natick's Future**

NATICK 2030+ is an approximately 18 month public process and the resulting Town-wide Master Plan that will answer:

- * Where are we now?
- * Where do we want to be?
- * How do we get there?

We're planning now for what we want Natick to be for our own future and for generations to come.



Sign up and learn more about **NATICK 2030+** at: www.natick2030.com

On the evening of **November 29th** at **Wilson Middle School** there will be a presentation and community-wide discussion about the state of the town today and what we want in the future.
You may visit the project website at **Natick2030.com**.



**Recreation and Parks • Council On Aging • Human Services
Natick Community Organic Farm • Veterans' Services**

Community Services Department
117 East Central Street • Natick, MA 01760